

# Kickin' Colorful Bell Peppers Stuffed with Quinoa

Rating: ★★

Makes: 6 Servings

"I came up with this recipe by watching my mom cook a lot of healthy vegetarian dishes that had a little kick to them with some spice," says Anisha. "I love eating lots of different types of fresh vegetables and fruits. For vegetarians my dish can be served with a garden salad and any nice fresh fruit. And for non-vegetarians I would serve it with grilled chicken or any other protein and fruit on the side."

## Ingredients

For the pesto:

- 1 cup** roughly chopped fresh cilantro leaves
- 1/4 cup** olive oil
- 1/4 cup** pine nuts
- 2 cloves** garlic
- 2 tablespoons** freshly squeezed lime juice
- 2 tablespoons** freshly grated Parmesan
- 1/2 teaspoon** crushed red pepper
- Salt and freshly ground black pepper

For the filling:

- 1 cup** cooked quinoa
- 1 can** (16-ounce) can chickpeas, drained and thoroughly rinsed
- 1/3 cup** diced tomatoes
- 1/4 cup** diced red onion
- 1/4 cup** diced green bell pepper
- 1/4 cup** diced zucchini
- 1/2 cup** freshly grated Parmesan
- 3 tablespoons** panko or plain bread crumbs
- olive oil

For the peppers:

- 1** green bell pepper, stem and seeds removed



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	371	
Total Fat	27 g	42%
Protein	11 g	
Carbohydrates	44 g	15%
Dietary Fiber	7 g	28%
Saturated Fat	7 g	35%
Sodium	332 mg	14%

## MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Dairy	1/4 cup

## Directions

### **Make the pesto:**

1. In a blender or food processor, combine the cilantro, olive oil, pine nuts, garlic, lime juice, Parmesan, and crushed red pepper and blend until smooth. Season to taste with salt and pepper. If the pesto is too thick, add a couple more drops of olive oil.

### **Make the filling:**

1. In a large bowl, combine the quinoa, chickpeas, tomatoes, red onion, green bell pepper, and zucchini. Add the pesto, season with salt and pepper, and stir to combine.

2. In a small bowl, stir together the Parmesan, bread crumbs, and a little olive oil to lightly moisten the mixture.

### **Make the peppers:**

1. Preheat the oven to 375°F.

2. Arrange the peppers in a large baking dish and stuff each one with an equal amount of the quinoa-vegetable mixture.

3. Top each pepper with an equal amount of the Parmesan–bread crumb mixture.

4. Pour about 1/4 inch of water into the bottom of the baking dish, cover it with foil, and bake until the peppers are tender, about 20 minutes.

5. Remove the foil and place the peppers under the broiler, broiling just until the Parmesan–bread crumb mixture is light golden brown.

## Notes

State: Ohio

Child's Name: Anish Patel, 11

Makes 4 to 6 servings

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook